

Transition from [PCO] to [OCK]

| GMT | CREW | ACTIVITY |
|-------------|------|---|
| 06:00-06:10 | | Morning inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-10:30 | | Weekly housekeeping |
| 11:00-12:30 | CDR | Physical Exercise (TVIS + RED) day 3 |
| 12:30-13:30 | | LUNCH |
| 13:45-14:15 | | EVA conference with MCC (<i>S-band</i>) |
| 14:30-15:00 | | Weekly planning conference (<i>S-band</i>) |
| 15:05-15:20 | FE-1 | PPC (<i>S-band</i>) |
| 15:20-16:05 | | Building EVA cue cards |
| 16:05-16:35 | CDR | COX maintenance |
| 16:05-17:35 | FE-1 | Physical Exercise (RED) |
| 17:35-18:35 | | Physical Exercise (CEVIS) |
| 18:15-19:15 | CDR | Physical Exercise (VELO + Force Loader/cycle 1) day 3 |
| 19:15-19:30 | | Questionnaire: journal entry |
| 19:20-19:35 | FE-1 | PFC |
| 19:30-20:00 | CDR | DINNER |
| 19:35-20:00 | FE-1 | |
| 20:00-20:30 | | Daily food prep |
| 20:30-21:30 | | Pre-sleep |
| 21:30-06:00 | | SLEEP |

Note: See OSTP for references to US activities

End of radiogram